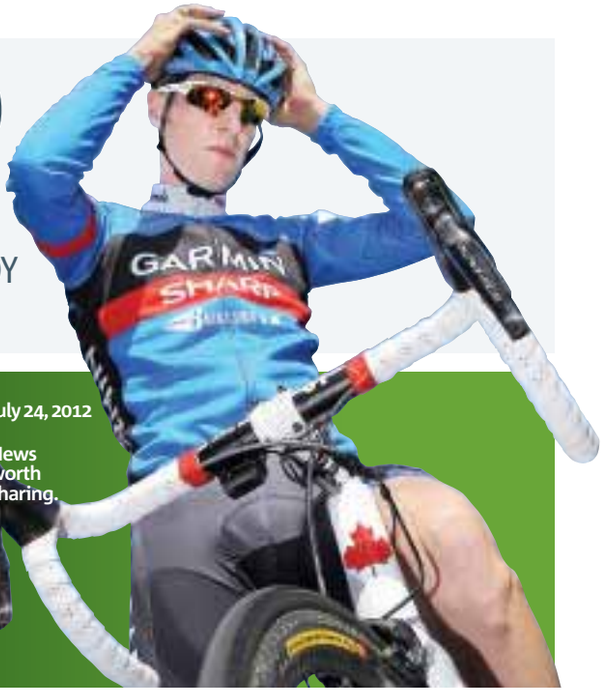
REBOUND

WEEKS AFTER CRASHING AT TOUR DE FRANCE, VICTORIA CYCLIST IS READY FOR LONDON PAGE 13



SASKATOON metro®

Tuesday, July 24, 2012

News worth sharing.

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Accused Colorado shooter silent, appears dazed in court hearing

Parallels. Suspect James Holmes sports fiery red hair, reportedly told arresting officers that he was 'The Joker'

A former doctoral student accused of a deadly shooting rampage at a midnight showing of the new Batman movie in Colorado appeared in court for the first time Monday, but he didn't seem to be there at all.

Unshaven and appearing dazed, James Holmes sat virtually motionless, his brown hair dyed a shocking shade of orange. It was the world's first glimpse of the 24-year-old since Friday's shooting left 12 dead and 58 injured in one of the worst mass shootings in U.S. history.

Holmes didn't say a word.

Prosecutors said later they didn't know if Holmes was on medication. Authorities have said he is being held in isolation.

The hearing was also the first confirmation that Holmes' hair was coloured. Soon after the shooting, there were reports of his hair being red and that he called himself "The Joker" when he was arrested. "The Joker" is one of Batman's enemies in the fictional Gotham and has brightly coloured hair.

It was not immediately known if he told officers that he was Batman's nemesis, however.

Holmes, whom police say was clad in body armour and armed with an assault rifle, a shotgun and handguns during the attack, was refusing to co-operate in the investigation, authorities said. They said it could take months to learn what prompted the attack.

After the hearing, prosecutor Carol Chambers said that "at this point, everyone is interested in a fair trial with a just outcome for everybody involved." Chambers said earlier her office is considering pursuing the death penalty against Holmes. She said a decision will be made in consultation with victims' families.

Holmes is expected to be formally charged next Monday. Holmes is being held on suspicion of first-degree murder, and he could also face additional counts of aggravated assault and weapons violations. Holmes has been assigned a public defender.

THE ASSOCIATED PRESS

MORE COVERAGE, INCLUDING REACTIONS FROM VICTIMS' FAMILIES, PAGE 3

Heightened security

- **Security at the hearing was tight.** Uniformed sheriff's deputies were stationed outside, and deputies were positioned on the roofs of both court buildings at the Arapahoe County Justice Center.

James Holmes appears in Arapahoe County District Court in Centennial, Colo., on Monday.

DENVER POST, RJ SANGOSTI, POOL/THE ASSOCIATED PRESS

A whole new arena

Huskies women's basketball head coach Lisa Thomaidis tells Metro what she hopes to bring back from her Olympic experience PAGE 2

Hollywood romance-ology

Tom Cruise and Katie Holmes seemed to be solid, but 'happily ever after' in Tinseltown may be a mission impossible PAGE 9

Broadway bound

The Columbus Blue Jackets trade star forward Rick Nash to the New York Rangers PAGE 12

Secrets of Downton Abbey

The Season 3 trailer for the PBS megahit features spoilers aplenty PAGE 7

1

NEWS

News in brief

Athletic prowess redefined

We're still a few days away from the opening ceremonies in London and already a group of Paralympians is stealing the spotlight with their talents. Go to metronews.ca to read more.

But they don't look a day over 500,000 years old

How old is the polar bear? Really old, say scientists in pointing to recent discoveries that suggest the Arctic icon has been around longer than anyone thought. Go to metronews.ca to find out more.

On the web

A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.

Regina

Redevelopment initiative approved

Regina city council unanimously approved the non-binding MOU on the Regina Redevelopment Initiative (RRI) Monday night, but not without first hearing from a list of objectors.

Fourteen people gave presentations to councilors and a packed gallery who signed up to speak at the meeting. They included mayoral candidate Jim Elliot, Ward One candidate Conrad Hewitt and the Western representative of the Canadian Taxpayer's Federation, Colin Craig.

The points raised included the cost of the stadium, affordable housing and what some feel is a lack of public consultation.

The stadium will initially cost $278 million, and funding arrangements would see the province give an $80 million grant, a $100 million loan. The city would contribute $73 million with another $25 million raised by the Roughriders. METRO

Celebrating diversity

Folk Fest passports on sale

This year's Saskatoon Folk Fest will feature 16 pavilions celebrating the vibrant cultural diversity of Saskatoon.

With the addition of the Loas and Oromo to the new RBC Global Village, this year promises to showcase the richness of the cultural communities within the city.

To purchase a $15, transferable passport head to any RBC branch, Safeway or Mac's location.

THE CANADIAN PRESS

A construction worker stirs up dust at the Circle Drive South River Crossing on Monday afternoon. MORGAN MODJESKI/METRO

Circle Drive South nears completion

'Exciting project'. Project that began in 1913 is 70 to 80 per cent complete

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The City of Saskatoon's Circle Drive South project is nearing completion and Mayor Don Atchison says the project is important for the city as it continues to grow.

"It's really an exciting project," said Atchison. "It really brings the city together, that's what it's all about, transportation is one end of it, but the real benefit of it is going to be the cultural shift in the community."

The Circle Drive South project commenced in May of 2010 with the province and federal government both committing $86.5 million and the city of Saskatoon covering the remaining $70 million of the $243-million project — which is now 75 to 80 per cent complete.

The federal government says the project will play an important part in international trade in the province as Stockwell Day, former minister for the Asia-Pacific Gateway, explained in a 2010 press release, "The completion of Circle Drive will help Saskatchewan shippers participate fully in the international trade that is so important to the economic prosperity of this region."

Atchison agrees with Day, noting the completed Circle Drive will take semis used for shipping out of the downtown and onto the new route. "We talk about having a smart city, well this is all part of it. No longer will you have semis rolling down 22nd street, Idylwyld, they should all be able to circle around on the perimeter of the city," he said.

Easy access

The new route will also provide easy access to railways located in the city of Saskatoon.

"Circle Drive South will enable truck traffic to get good access to CN and the railway," said Doug Drever, project director for the Circle Drive South project, noting the route will enable semis to travel around the city at parts where you had to go right through the city prior.

Drever said the majority of the project will be operational by late October, with the route becoming operational in late November.

Lisa Thomaidis gives former Huskie Katie Miyazaki some guidance from the sideline. Thomaidis is one of two coaches from Saskatchewan at the 2012 London Olympics.

JOSH SCHAEFER/CONTRIBUTED

LISA THOMAIDIS

Thomaidis finds way to Olympic stage

SASKATCHEWAN'S SULTAN OF THE SIDELINES

As assistant coach of Team Canada's national women's basketball team, Lisa Thomaidis is a true sultan of the sidelines.

Also the University of Saskatchewan Huskies women's basketball head coach, Thomaidis might be from Dundas, Ont., originally, but she has bled Green and White at the Canadian Interuniversity Sport level as a coach since 1998.

Thomaidis thinks her Olympic experience will be an asset to the Dogs once she returns to the helm of the U of S team in 2013-14 following former Huskie Jill Humbert taking over the coaching reins for an interim stint this upcoming CIS season.

"Any time I get a chance to coach internationally, it presents a whole new understanding of the game. When you get to see athletes at that level you really get the understanding of what it takes to get there. I think it's really important to bring those things back," said Thomaidis.

Thomaidis is one of two Saskatchewan coaches headed to London, with track-and-field coach Carla Nicholls being the other. Team Canada and Thomaidis face Russia on July 28 in London and have been placed in a tough pool alongside Australia, Russia, France, Britain and Brazil. DORIAN GEIGER/METRO

Compared to your pro stint in Europe as a player, what's it like coaching on the international stage?

There's no comparison. Playing professionally was great but it was more of a life experience. Coaching at this level is something you can't replicate. It's a whole different ballgame.

Can you palm a basketball?

I used to be able to but then I broke my finger a couple times and I can't anymore.

If you won a medal in London, what's the first thing you would do with it?

Actually coaches don't even get medals (at the Olympic Summer Games) and just the players do.

Families watch dazed shooting suspect in court

Grieving. Emotions run high inside the courtroom with victims' families expressing anger

As accused Colorado gunman James Holmes made his first court appearance on Thursday, relatives of the shooting victims leaned forward in their seats to catch their first glimpse of him. Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the shooting. Two women held hands tightly, one shaking her head.

His dazed demeanour appeared to anger the relatives of some of the victims who attended the hearing and stared at him the entire time. David Sanchez, who waited outside the courthouse during the hearing, said his pregnant daughter escaped uninjured but her husband was shot in the head and was in critical condition. His daughter was delivering her baby on Monday.

"When it's your own daughter and she escaped death by mere seconds, I want to say it makes you angry," Sanchez said. He said his daughter, 21-year-old Katie Medely, and her husband, Caleb, 23, had been waiting for a year to watch the movie.

Asked what punishment Holmes should get if convicted, Sanchez said, "I think death."

As investigators tried to piece together Holmes' life and apparent breakdown, his family was scheduled to speak Monday afternoon. A lawyer representing members of Holmes' family, Lisa Damian, planned to hold a news conference in San Diego.

Police have said Holmes began buying guns nearly two months before the shooting and that he received at least 50 packages in four months at his home and at school.

Holmes' apartment was filled with trip wires, explosive devices and unknown liquids, requiring police, FBI officials and bomb-squad technicians to evacuate surrounding buildings while spending most of Saturday disabling the booby traps.

Investigators found a Batman mask inside his apartment, a law-enforcement official close to the investigation said Sunday.

THE ASSOCIATED PRESS

Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil on Sunday.

TED S. WARREN/THE ASSOCIATED PRESS

University reticent to release suspect details

Officials at the University of Colorado Anschutz Medical Campus were looking into whether James Holmes used his position in a graduate program to collect hazardous materials, but that disclosure was one of the few it has made three days after the massacre. It remained unclear whether Holmes' professors and classmates at his 35-student PhD program noticed anything unusual about his behaviour.

His reasons for quitting the program in June also remained a mystery. Holmes recently took an intense oral exam that marks the end of the first year. University officials would not say if he passed, citing privacy concerns.

At a news conference, university officials refused to answer questions about Holmes. "To the best of our knowledge at this point, we think we did everything that we should have done," said Donald Elliman, the university chancellor.

Police tape remains around the apartment house of James Holmes in Aurora, Colo, Monday. Police evacuated the unit Friday. ED ANDRIESKI/THE ASSOCIATED PRESS

The pastor for the suspect's family recalled a shy boy who was driven to succeed academically.

"He wasn't an extrovert at all. If there was any conversation, it would be because I initiated it, not because he did," said Jerald Borgie, senior pastor of Penasquitos Lutheran Church. Borgie said he never saw the suspect mingle with others his age at church. He last spoke to Holmes about six years ago.

During the attack, Holmes allegedly set off gas canisters and used a semiautomatic rifle, a shotgun and a pistol to open fire on theatre-goers, Aurora police Chief Dan Oates said.

Holmes had bought weapons at local gun stores in the past two months.

THE ASSOCIATED PRESS

Gun control

Candidates avoid touchy subject

U.S. President Barack Obama and Republican rival Mitt Romney were back on the campaign trail Monday, yet neither man is expected to broach gun control.

The White House's only remarks in the aftermath of the Aurora theatre shooting have been to say the president backs the country's existing laws — even though the alleged gunman in the Colorado shootings legally acquired various weaponry, including an assault rifle and 6,000 rounds of ammunition purchased online.

THE CANADIAN PRESS

Warner Bros.

Trailer pulled

Warner Bros. has moved to pull trailers of its upcoming film Gangster Squad from theatres. The trailer includes a scene of mobsters firing into a crowded movie theatre from behind the screen. THE ASSOCIATED PRESS

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Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new CIBC poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. The CIBC says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement. THE CANADIAN PRESS

Market Minute

DOLLAR
98.35¢ US (-0.4¢)

TSX
11,545.54 (-77.37)

OIL
$88.14 US (-$3.69)

GOLD
$1,577.40 US (-$5.40)

Natural gas: $3.09 US (-1¢)
Dow Jones: 12,721.46 (-101.11)

Nexen to be acquired by Chinese firm for $15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a $15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including $8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oilsands project in northern Alberta in late 2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for $2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive $26 in cash, plus accrued dividends. THE CANADIAN PRESS

Commodities

Chinese investment in Canada rising

China's multibillion-dollar shopping spree in the Canadian oil patch Monday is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

"China continues to be a very fast-growing country," said Fred Ketchen, manager of equity trading at Scotia Capital.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for $1.5 billion.

It's not uncommon for countries like China — looking to secure commodities — to look to Canada, said Ketchen. "We're a natural-resource country and we're attractive from that standpoint," he said.

Canada has "shot up on the chart" of Chinese overseas investment recently, added Wenran Jiang, an expert on China who advises Alberta's department of energy. THE CANADIAN PRESS

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NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at $54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Cod couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS

Journey to the last ice area begins

METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO

The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

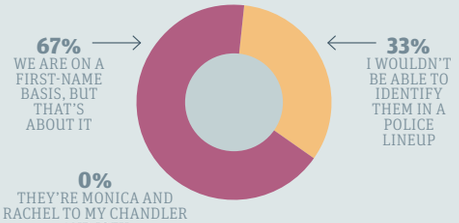
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?


67%
WE ARE ON A FIRST-NAME BASIS, BUT THAT'S ABOUT IT
33%
I WOULDN'T BE ABLE TO IDENTIFY THEM IN A POLICE LINEUP
0%
THEY'RE MONICA AND RACHEL TO MY CHANDLER AND JOEY

Twitter

@mairinloewn:
I love the @cityofsaskatoon 's flowerpot program. #yxe

@crankypete:
I think what circle drive in #yxe needs is a few more lights and some more trick traffic. #thisispathetic

@TonayaMarr:
So excited to see @mtrench in #YXE Aug. 8. I plan on actually remembering the concert this year! Cannot wait.

@thegoods91:
I have now seen 3/4 of the new batman. I didn't want to see the end of the movie anyways cineplex #Saskatoon

@racinjasonwhite:
After several attitude adjustments, I'm ready 2 move forward & focus on the next race! #Saskatoon get ready #nascar is comin 2 town #ncats

metro
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DVD reviews

Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●○

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of Keyhole, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. Keyhole is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Aba, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film Footnote is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Talmudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Aba) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL

Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of Downton Abbey HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY
Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; Antiques Roadshow star Mark Walberg will take over hosting duties on Market Warriors.

Kerger also announced two new series: Ken Burns' The Roosevelts: An Intimate History, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and Constitution USA with Peter Sagal, chronicling the journey of the Wait, Wait … Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, Call the Midwife, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #detachablewillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — Downton Abbey. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, Inventing David Geffen. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song You're So Vain, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.

David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, The Dust Bowl, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale … a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for Half the Sky, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premiers Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone. Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina. Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web

Young Hollywood aims for fun fashion at the Teen Choice Awards

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former That 70s Show co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, according to Us Weekly.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

Minka Kelly.

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to TMZ.

The video is said to be shot in a semi-professional manner and the website claims it's clear Kelly knows she's being filmed.

Some question if Kelly is actually of age in the video, as she is reportedly seen singing along with and dancing to two songs from Brandy's Never Say Never album, which was released 16 days before the actress' 18th birthday. Kelly's rep had not returned a request from the website for comment.

The Word

Miley gets paranoid over Liam's co-star

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting Paranoia and they've been spotted hanging out for weeks.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com.

"Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks. She makes fun of Miley behind her back, saying she's just a washed-up tween star. Emma feels she has nothing to lose, so she's pushing it as far as she can with Liam."

We like your spunk, Emma. But at this point, Miley's one pair of tattered pink sweatpants away from being a Philly girl — back away slowly, and keep your eyes on those acrylic nails.

Won't someone think of the beautiful children?

Miranda Kerr and Orlando Bloom have been spotted without their wedding rings on, prompting Famous magazine to report that their marriage "might be in trouble."

"She's had a lot on her plate — it could be that somewhere along the way her relationship with Orlando may have slipped between the cracks," says a source who has obviously never set eyes on Orlando Bloom.

Charlize Theron.

Charlize isn't afraid to get naked with her co-stars

Charlize Theron isn't fazed by nude scenes — but she doesn't want audiences to get the wrong idea about her.

When asked by W Magazine if death scenes or sex scenes are more difficult, the Prometheus star says, "It depends on who you're doing the sex scene with. I don't have issues being naked." And then quickly adds, "That sounds very slutty."

Looking to clear things up, Theron says, "What I mean is, I'm not hung up on my body. I've been lucky to work with people I've been really comfortable with. I've had maybe two occasions where (I wasn't)."

Katherine Jackson.

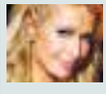
Jackson matriarch reported missing, found playing Uno

It's been a confusing week for Jackson family matriarch Katherine Jackson, as the 82-year-old was reported missing by some family members after they weren't able to reach her for several days.

But son Jermaine Jackson insists she's fine and just resting up in Arizona on doctor's orders — and his story seems to check out, as a local sheriff tells X17 that he paid a visit to the family's vacation home in Arizona. "When I got there, Katherine Jackson and her family were at the dinner table and had just finished a game of Uno," the law enforcement official says.

Twitter

@SarahKSilverman
When I die I wanna come back as the guy at work that gives all the girls shoulder massages



@ParisHilton
What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.

@justinbieber
when u smile i smile. haha. MUCH LOVE. thanks

@SethMacFarlane
If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

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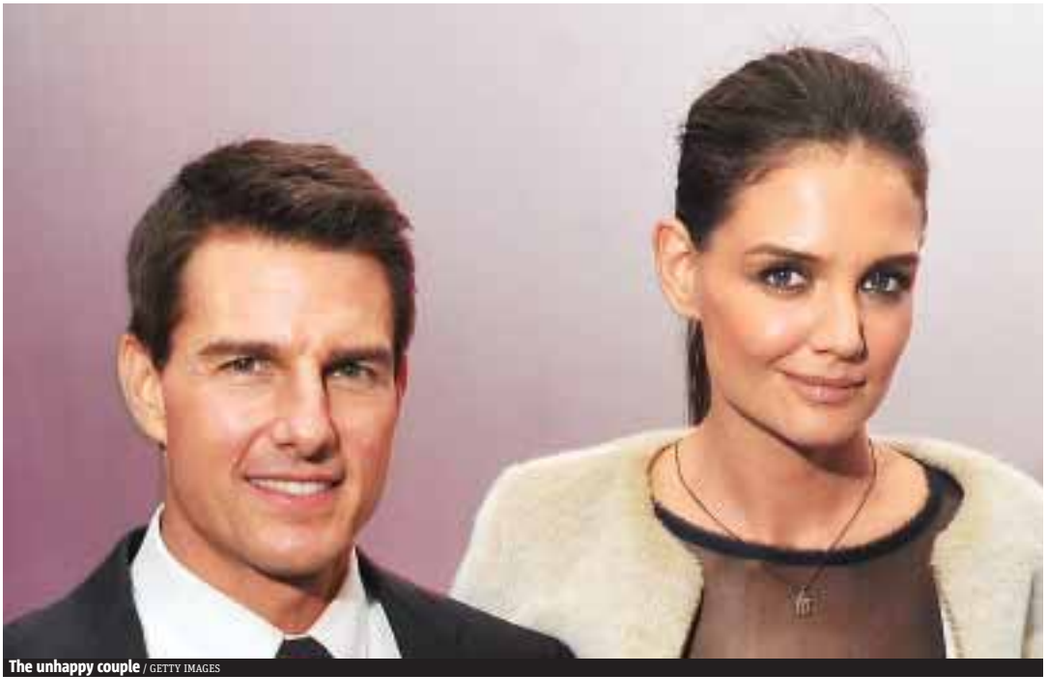


The unhappy couple / GETTY IMAGES

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told Elle magazine: "He has been Tom Cruise for 30 years … I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows.

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."

KATIE HOLMES

HOLMES VS. CRUISE

TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner." Cruise's religion, Scientology, is thought to have contributed to the split. "With anything that someone is extreme on—it makes anybody who isn't like them intolerable," says Katz.

Quoted

"There should be fewer marriages. People should spend far more time dating."
Evan Mark Katz

3 LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do." Topping that list of tools is better treatment of people who already have HIV, so they're less likely to spread the virus. But Fauci also called male circumcision a "stunningly successful" step, pointing to part of Uganda that's stressing that step.

THE ASSOCIATED PRESS

On the Web

Celebrity pregnancies blamed for eating disorders among pregnant Canadians

Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds

Slaw

- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

Health Solutions

3 reasons to figure out fish

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

A summer treat just for big kids: Margarita Frozen Pops

This Margarita Frozen Pops recipe makes a classic strong margarita. If you want the "poptails" to be low-test instead of high-test, reduce the alcohol by half or double the other ingredients. The recipe is easily customized to suit your taste.

Because of the alcohol in these pops, they are a bit slower to freeze than traditional recipes. It's best to make them the day before.

You can even leave out the booze for the kids. If you want to make these pops without the alcohol at all, add the juice of 1 extra orange and an extra 1/4 cup of filtered water. Pour into moulds and freeze per the manufacturer's instructions. Just be sure to use two different shaped moulds so the pops don't get mixed up!

These days, there are plenty of great frozen pop moulds on the market. Pick your favourite and even flavour your pops to match the mould.

This recipe serves about eight, depending on the size of your moulds. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a pitcher, combine the lime juice, orange juice, water, salt, tequila and triple sec. Stir well. Add the powdered sugar, 1 tablespoon at a time and stirring well between additions. Taste to determine your desired sweetness, then continue stirring until the sugar is completely dissolved.

2. Fill the pop moulds, stopping about 1/2 inch from the top. The liquid will expand to fill the sleeve as it freezes. Put the Popsicle handles in place and freeze overnight.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK.

Ingredients

Start to finish: 5 minute, plus overnight freezing

- 1/2 cup fresh lime juice, about 5 to 6 large limes
- Juice of 1 large orange (about 1/2 cup)
- 1/4 cup filtered water
- Pinch of fine-grain sea salt
- 3/4 cup tequila
- 1/4 cup triple sec
- 2 to 4 tbsp powdered sugar (to taste)

Celebrating tequila. What do you need to know about this spirit?

GONZALO MARIN
Metro World News in New York

Today is National Tequila Day in the U.S., which has us at Metro thinking about how little we know (or, more aptly, remember) about this spirit. We asked Serena Fill, Tequila Librarian at La Biblioteca de Tequila, to take us through some of the basics.

What exactly is tequila?

"Blue agave is the basis for all tequila. There are two categories in the tequila family: (100 percent blue agave) or a mixto, which is what Cuervo Gold is, for example, which is going to be a minimum of 51 percent agave and the rest will come from something else — usually sugarcane, colour and flavour. It has to be at least double-distilled, and it must come from one of five regions in Mexico."

What are the different types of tequila?

"You've got blanco, reposado and anejo, and in 2006 they introduced a category called 'extra anejo.' That's anything aged over three years.

"Blanco is either going to be unaged — going straight from distillation to the bottle, or it can rest in stainless steel tanks for fewer than two months. It can actually also rest in barrels or wooden vats for less than two months, in which case they term it a 'suave,' meaning 'soft.'

"Reposado means 'rested,' and that's going to be aged from two months to just under a year in oak barrels, but they can also use 20,000 gallon vats — that's where a lot of the variants come in, too. That's why tequila has so many expressions.

"Anejo (which means aged), is going to be one to three years, and that is only aged in barrels. Extra anejo is anything aged over three years."

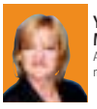
What are the best ways to enjoy each type of tequila?

"For mixed drinks, like margaritas, blanco is best. You don't want to cover up the nuances of the aged tequila, unless you have a very talented bartender who can create a drink that brings out the nuances of the older, darker tequilas. Anejo is best served neat, perhaps with some water or ice to open up the flavors. "For the anejo," Fill says, "the most that you'd want to adulterate it is by warming a brandy snifter and putting some Grand Marnier in there. It actually drinks like a cognac."

Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule. Insurance is one of the best investments you can make, especially when you're young



YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance.

Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be financially devastating.

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

In numbers

$250,000

The average insurance death benefit in Canada

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI PATALANO
Metro New York

Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?

I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...

Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?

I'll be really honest with you. We don't even know that we like you until after we sleep with you.

And why is that?

Because it's not even on our radar if we like you. We're so clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

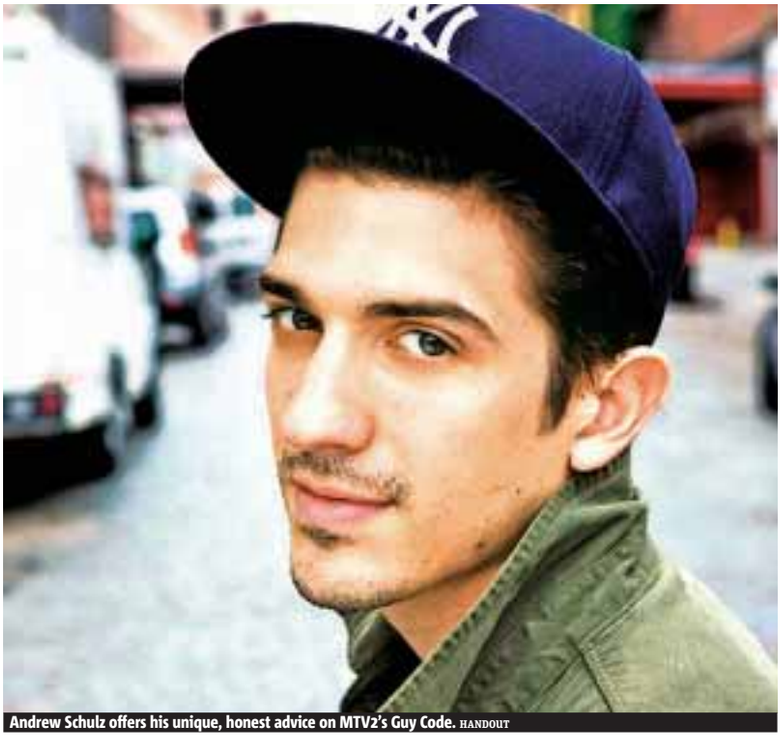
'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?

I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.



Andrew Schulz offers his unique, honest advice on MTV2's Guy Code. HANDOUT

4 SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck. Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown.
The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired.
There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out $50,000 in insurance against damages. THE CANADIAN PRESS

Mobile sports

Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

MLB. Yankees get Ichiro Suzuki from Mariners

Ichiro Suzuki is headed to a new team and, after all these years, maybe a shot at playing in the World Series.

The New York Yankees acquired the star outfielder from the Seattle Mariners in a trade Monday for 25-year-old righties D.J. Mitchell and Danny Farquhar. The Yankees, with the best record in the majors, also got cash in the deal.

The trade was announced a few hours before the Yankees played at Seattle.

THE ASSOCIATED PRESS

Ichiro Suzuki GETTY IMAGES FILE

NHL. Byfuglien pleads guilty to careless boating

Winnipeg Jets defenceman Dustin Byfuglien has avoided a trial on drunken-boating charges by pleading guilty to careless boating.

Byfuglien reached a plea deal on Monday, the day his trial was to start in Minneapolis, Minn.

Byfuglien was charged last August with boating under the influence and refusing to take a chemical test after an incident on suburban Lake Minnetonka, Minn. Careless boating is a misdemeanour, and Byfuglien was sentenced to a year's probation, two days of public service, a $1,000 US fine and a day in an alcohol-education program.

THE ASSOCIATED PRESS

Quoted

"After allowing the legal process to play out, we are thankful to see this matter resolved to the satisfaction of all parties involved." Jets general manager Kevin Cheveldayoff in a statement

Nash gets his wish

NHL. Columbus sends star forward to New York Rangers in package deal

The New York Rangers have a new star forward.

The Columbus Blue Jackets have one less headache and three more quality players.

The Blue Jackets finally met captain Rick Nash's mid-season request and dealt him on Monday along with a third-round pick and a minor-league defenceman to the Rangers for centres Brandon Dubinsky and Artem Anisimov, defenceman Tim Erixon and a first-round pick next year.

The deal gives the Rangers a big, sturdy right wing to add to their core of solid young players and also helps them counter moves made by other Eastern Conference powers this off-season. Nash will join a New York offence that includes captain Ryan Callahan, Brad Richards and Marian Gaborik.

The Rangers were the No. 1 seed in the Eastern Conference last season and just missed out on the Presidents' Trophy for most regular-season points. New York defeated Ottawa and Washington in the playoffs before losing to New Jersey in the conference finals in six games. Nash immediately improves their credentials and gets them — on paper, at least — closer to their first Stanley Cup since 1994.

The Blue Jackets, meanwhile, ended months of speculation about what they would do after Nash went to management in January and asked to be traded. He later said, in a curious bit of logic, that one of his main goals was making the Blue Jackets stronger.

"The biggest thing is that when management said when they were going to make a rebuild and a reshape, I thought the best thing for the team and the organization would be to get assets for me," Nash said. "And I thought it would be best for my career."

The move to New York and a perennial playoff team should be a boon to his career, although it will require a major alteration in his lifestyle. Quiet and almost shy, Nash enjoyed playing golf at nice courses and walking around Columbus virtually unnoticed. That will end when he takes his act to the Big Apple.

Nash, the oldest player in the deal at 28, is one of the most decorated players in the league. He is a five-time all-star who helped Canada win a gold medal in the 2010 Olympics. THE ASSOCIATED PRESS

Salary cap hit

- Nash is in the third year of an eight-year contract he signed in 2010, which has an average annual value of $7.8 million US.
- The total salary-cap hit of Dubinsky, Anisimov and Erixon is almost exactly the same.

Rick Nash controls the puck against the Chicago Blackhawks in January. JONATHAN DANIEL/GETTY IMAGES

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in 39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009.

THE ASSOCIATED PRESS

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15.

THE ASSOCIATED PRESS

CFL

Lions' Mitchell banned 2 games

The CFL suspended Khalif Mitchell for two games without pay on Monday after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night.

THE ASSOCIATED PRESS

Sports in pictures

1 NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year.

THE CANADIAN PRESS

2 NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson.

THE ASSOCIATED PRESS

3 NHL. Kris Versteeg back with Panthers

The Florida Panthers and right wing Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing.

THE ASSOCIATED PRESS

Canada's Hesjedal banged up but ready to ride in Olympics

Ryder Hesjedal
DOUG PENSINGER/GETTY IMAGES FILE

Cycling. Victoria star will be one of many still feeling the effects of the Tour de France

While other athletes time their training to peak at the Olympics, the Tour de France cyclists arrive with their bodies still hurting from a brutal 3,497-kilometre trek.

Some, like Canadian Ryder Hesjedal, crashed en route and have the scars to prove it.

Flying off your bike at close to 70 km/h into a tangle of bodies, machinery and unforgiving tarmac is hardly an ideal entrée to the summer Games. But such is the harsh world of elite road racing, where breaking down your body is par for the course.

"It's a hard sport," Hesjedal said dryly from his home in Girona, Spain.

Quoted

"It's a tough sport and it doesn't always go according to plan. That's the way life is, also."

Ryder Hesjedal on having to withdraw from the Tour de France

The 31-year-old from Victoria was hurt July 6 during the sixth stage of the Tour, one of at least two-dozen riders caught up in a nasty crash with 26 kilometres left on the day.

In the carnage of the crash, the Giro d'Italia winner went down and suffered road rash to his hip, knee and ankle. But the real damage came when, upon impact, his leg slammed into another rider's bike.

"Just like a baseball bat being swung into your leg," Hesjedal said by way of description.

Hesjedal withdrew from the race and returned to Spain. Amazingly, after a travel day, he was back on a home training bike the next day for an hour.

"Kind of the worst thing you can do is stop completely for a few days and let the leg seize up," he said.

"I feel good on the bike. It's hard to say unless I did a world-calibre race tomorrow where the real feeling is."

Hesjedal, who was scheduled to leave Monday for London, will find out soon enough at the Olympics. He races Saturday in the road race and Aug. 1 in the individual time trial.

THE CANADIAN PRESS

In high gear

Wiggins heading home on a roll

After making history in Paris, Tour de France champion Bradley Wiggins is heading home to London hoping to add an Olympic gold medal to his yellow jersey.

The first Briton to win cycling's showcase event will start the Olympic time trial Aug. 1 as a big favourite for the gold, after dominating the event twice during the Tour de France.

The 32-year-old Londoner showed during the Tour that he can beat all comers in the race-against-the-clock, even after 2,175 miles of racing over three weeks in one of the ultimate endurance tests in all of sports.

After donning his winner's yellow jersey on the Champs-Élysées, Wiggins immediately began turning his focus to his Olympic race in just over a week. He even promised to forgo the Tour winner's traditional glass of champagne.

"Everything turns to the Olympics and I'll be out on the bike tomorrow and I've got an Olympic time trial to try and win," Wiggins said.

Sacrificing the traditional Tour winner's party was difficult but necessary, Wiggins said, because winning in his home Olympics "is a higher priority than anything else."

Mark Cavendish, Wiggins' teammate on Team Sky, also is aiming to transition quickly from Parisian boulevards to English lanes.

The world champion from Britain's Isle of Man wants to follow up his dominating sprint victory on the Champs-Élysées on Sunday with a win in the Olympic road race on Saturday. If anything, Cavendish is even more heavily favoured to win the road race than Wiggins is in the time trial.

THE ASSOCIATED PRESS

Draped with a Union Flag, Bradley Wiggins celebrates winning the Tour de France on Sunday in Paris.
BRYN LENNON/GETTY IMAGES

Games in pictures

1 Swimming. Phelps tweets his arrival

The man who is three medals away from becoming the most decorated Olympian of all time arrived on Monday.

"And the wait is over... Finally here in #London," U.S. swimmer Michael Phelps tweeted Monday.

He's expected to compete in seven events in London. THE ASSOCIATED PRESS

2 IOC. Rogge remembers Munich tragedy

IOC president Jacques Rogge paid tribute Monday to the 11 Israeli athletes and coaches killed in Munich 40 years ago, leading a solemn minute of silence in the athletes' village.

It was the first time the IOC has honoured the slain Israelis in a ceremony inside an Olympic village. THE ASSOCIATED PRESS

3 Torch relay. Stewart Treks along with flame

The Olympic flame has boldly gone to Wimbledon.

Actor Patrick Stewart, best known as Captain Jean-Luc Picard in Star Trek: The Next Generation, took a turn on the torch relay Monday. THE ASSOCIATED PRESS

Fun strangely absent for Canada leading up to Games

Projections. Crashes, injuries and setbacks have hampered preparation for London

Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smacked his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and Canada's star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the summer Olympics officially kick off with Friday's opening ceremonies in East London.

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada. THE CANADIAN PRESS

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Mining for medals in London

Canada might be flying under the radar heading into the summer Games — especially in the traditional glamour events — but here are a handful of Canucks who should ensure some glory for the Maple Leaf.

THE CANADIAN PRESS

Photos by Getty Images and Torstar News Service

Ryan Cochrane

Victoria distance swimmer Ryan Cochrane intends to upgrade the bronze he won in the 1,500-metre in Beijing and go for a second medal in the 400.

Cochrane is a contender in the 400-metre freestyle Saturday, though his bread-and-butter event is the 1,500 on Aug. 4.

3

Emilie Heymans-Jennifer Abel

The diving duo of Emilie Heymans of St-Lambert, Que., and Jennifer Abel of Laval, Que., pictured, are potential medallists in women's synchronized springboard this Sunday. One of the best in the world on springboard, Abel is a double-medal candidate.

Eric Lamaze

Eric Lamaze's star horse Hickstead may be gone — he suffered a fatal aortic aneurysm during a competition in November — but the rider from Schomberg, Ont., and the rest of the show-jumping team are talented and seasoned. If they, and their horses, can put it all together on the day as they did for silver in 2008, another medal in the team event is possible.

4

Mary Spencer

Mary Spencer lost her opening bout of the world championship, which was also an Olympic qualifier, in May.

After an agonizing wait, the IOC's Tripartite Commission gave her a wild-card spot in the 75-kilogram class. The Wiarton, Ont., fighter still has a chance to show she's one of the best in the world.

Paula Findlay

Edmonton's Paula Findlay was the woman to beat in triathlon a year ago, but she's had to baby a nagging hip injury. Her first international race this year will be the Olympic triathlon. What Victoria's Simon Whitfield has left in the tank and how rising star Kyle Jones of Oakville, Ont., performs lends intrigue to the men's race.

Horoscopes

♈ Aries
March 21 - April 20
Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

♉ Taurus
April 21 - May 21
You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

♊ Gemini
May 22 - June 21
You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

♋ Cancer
June 22 - July 23
You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

♌ Leo
July 24 - Aug. 23
The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

♍ Virgo
Aug. 24 - Sept. 23
You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

♎ Libra
Sept. 24 - Oct. 23
Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days – but don't let it get out of hand.

♏ Scorpio
Oct. 24 - Nov. 22
You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

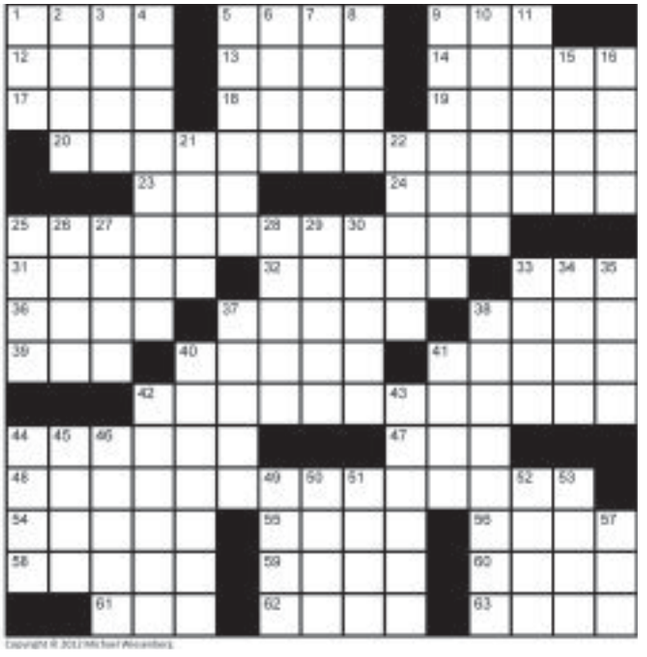
♑ Capricorn
Dec. 22 - Jan. 20
Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

♓ Pisces
Feb. 20 - March 20
Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. **SALLY BROMPTON**

Crossword: Quotable Notable

BY MICHAEL WIESENBERG



Across
1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ___
39. Bout ref's call
40. Breakfast spots
41. South American ringtailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ___ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across
62. See 20-Across
63. Montréal summers

Down
1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ___ and the Chocolate Factory*
30. "... would thou ___ ne'er been born": Othello
33. Gets ___ deal: is treated unfairly
34. 1920s leading lady ___ Naldi (anagram of TINA)
35. Deliver the coup de grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie
53. Actress Hudson or Winslet
57. ___ Eisley, *Star Wars* cantina town

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

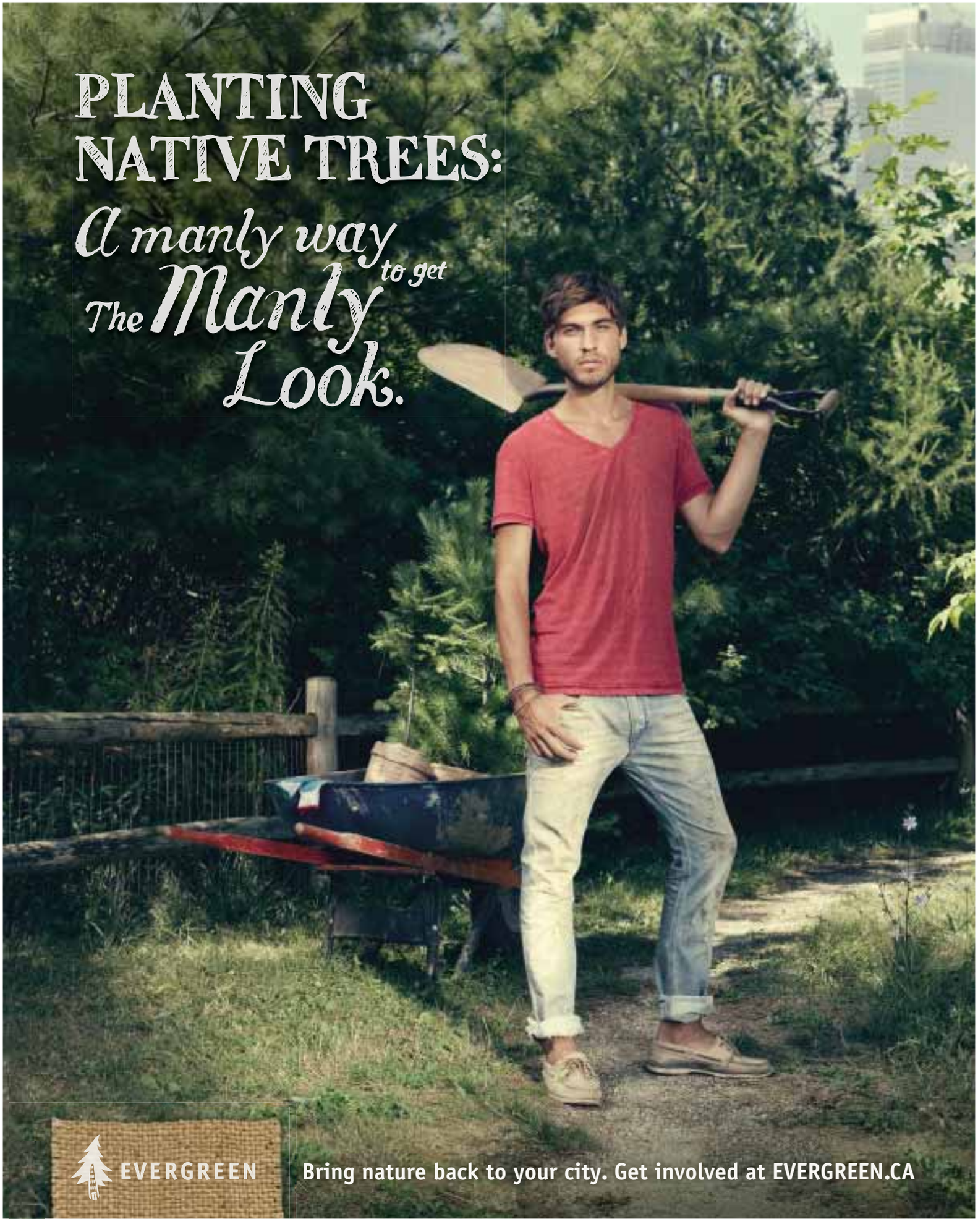
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6				2		4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

Friday's Sudoku

Sharability

easy — hard


PLANTING
NATIVE TREES:
A manly way to get
The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA